

# HORÁRIO DE AULAS

## INOVA ITAQUA

DATA DE ATUALIZAÇÃO: 30/01/2025

SEG	TER	QUA	QUI	SEX	SÁB
PILATES 07:00 ◆	PILATES 07:00 ◆	BIKE 07:00 ◆	PILATES 07:00 ◆	BIKE 07:00 ◆	PILATES 10:00 ◆
ALONGAMENTO 07:30 ◆	JUMP 07:30 ◆	STEP 07:30 ◆	JUMP 07:30 ◆	STEP 07:30 ◆	CIRCUITO F. 10:30 ◆
FITDANCE 08:00 ◆	FITDANCE 08:00 ◆	ZUMBA 08:00 ◆	FITDANCE 08:00 ◆	FITDANCE 08:00 ◆	FITDANCE 11:00 ◆
HIIT 08:00 ◆	ABDOMINAL 08:45 ◆	HIIT 08:00 ◆	ABDOMINAL 08:45 ◆	HIIT 08:00 ◆	
ABDOMINAL 08:30 ◆	PILATES 18:00 ◆	ABDOMINAL 08:45 ◆	PILATES 18:00 ◆	ABDOMINAL 08:30 ◆	
ALONGAMENTO 18:00 ◆	JUMP 18:30 ◆	ALONGAMENTO 18:00 ◆	JUMP 18:30 ◆	STEP 18:00 ◆	
STEP 18:30 ◆	FITDANCE 19:00 ◆	STEP 18:30 ◆	RITMOS LATINOS 19:00 ◆	BIKE 18:30 ◆	
FITDANCE 19:00 ◆	ABDOMINAL 19:45 ◆	FITDANCE 19:00 ◆	ABDOMINAL 19:45 ◆	FITDANCE 19:00 ◆	
HIIT 19:00 ◆	PILATES 20:00 ◆	HIIT 19:00 ◆	PILATES 20:00 ◆	HIIT 19:00 ◆	
ABDOMINAL 19:30 ◆	ALONGAMENTO 20:30 ◆	ABDOMINAL 19:30 ◆	ALONGAMENTO 20:30 ◆	ABDOMINAL 19:30 ◆	
BIKE 20:00 ◆		BIKE 20:00 ◆		PILATES 20:00 ◆	
PILATES 20:30 ◆		PILATES 20:30 ◆		ALONGAMENTO 20:30 ◆	
		KRAV-MAGA 21:00 ◆			

\* ENTREGA DAS SENHAS DAS AULAS DE BIKE 30 MIN. ANTES DA AULA

**DURAÇÃO DAS AULAS**

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE ITAQUA

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